

## **Training Small Doctors in UKS Activities for Implementation of Clean and Healthy Living Behaviors in SDN 02 Sungai Limau, Padang Pariaman Regency during the COVID-19 Pandemic**

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**Abstract:** *This activity aims to empower students and the school community for UKS activities in schools during the COVID-19 pandemic in the context of implementing Clean and Healthy Living Behavior. The participants of the activity were 10 small doctors who were trained and accompanied by the UKS supervisor. The results of the evaluation of activities carried out during the training were carried out by observing the activity of the little doctor in participating in the training provided and demonstrations of actions carried out in the UKS room and field observations during the flag ceremony at school, where the little doctor could provide first aid to other students who fainted and vomited during the activity. flag ceremony, and can apply 6-step hand washing. From this activity, a small doctor training book was given. The sub-district hopes that the training of this little doctor at SDN 02 will set an example for other elementary schools in the Sungai Limau sub-district. And this SDN 02 will also later become a sub-district UKS representative at the district level in the UKS activity competition. With the little doctor training, it is hoped that it will help the health center program in improving the health status of school children, especially for all students in the SDN 02 Sungai Limau environment because they can implement PHBS (Clean and Healthy Life Behavior).*

**Keywords:** *Training, Little Doctor, UKS, PHBS, Padang Pariaman.*

### **INTRODUCTION**

PHBS is closely related to preventing the spread of COVID-19 (Antari et al., 2020). Several ways can be done to prevent the risk of being infected with COVID-19, namely by washing hands with soap and water or using hand sanitizer (at least 70% alcohol). Health protocols must also be implemented, among others, by using masks that comply with health standards when traveling, maintaining a minimum distance of 1 meter from other people, covering your mouth and nose with your elbows folded when coughing or sneezing, or using a tissue, avoiding touching your face because of your mouth, nose. , the eyes can be an entry point for viruses, clean objects, surfaces, and tools that are often used, especially those that are or are used in general, consume a balanced nutritious diet, do not smoke, rest regularly, exercise and think positively (Listina et al., 2020; Armaita et al., 2020).

One form of business carried out by schools, especially SD/MI located in Sungai Limau District is the existence of the School Health Business program. cross-program and cross-sector to improve the

ability to live healthily and then shape the healthy behavior of school-age children who are in school (KEMENKES, 2020).

Elementary school-age children are a group that is vulnerable to disease transmission, especially COVID-19 which occurs a lot. Currently, there are many fast-paced and easy life patterns that will cause health problems in children and will determine the health of children in the future (Prasetyo, 2014). The government's efforts to improve attitudes and skills to implement a clean and healthy lifestyle as well as actively participate in efforts to improve health in the school environment are the establishment of UKS to improve students' healthy living abilities so that they can learn, grow and develop harmoniously and optimally. in the school environment (KEMENKES. 2017).

These health problems will generally hinder the achievement of children, so a joint effort is needed to overcome these problems. One of them is by developing a forum for health services in schools in the form of the School Health Business (UKS). According to the Indonesian Kemenkes RI (2017), UKS is a government program to improve health services, and health education, and foster a healthy school environment or the ability to live a healthy life for school residents. The UKS program is expected to be able to increase the harmonious and optimal growth and development of children so that they become quality human resources.

The implementation of the UKS policy carried out at SDN 02 Sungai Limau, Padang Pariaman Regency is still constrained by various problems. KEMENKES (2015) stated that several obstacles to the implementation of UKS include, for example, there are still many UKS teachers who have not been trained, there are principals and madrasas who do not support UKS, schools, and madrasas do not yet have small doctors or adolescent health cadres, lack of teacher motivation as UKS implementers because they have not there is a credit score for UKS teachers, there is no health material manual for teachers to use, and there are still many health workers who have not been trained in UKS.

Based on the initial survey that has been carried out, another problem that exists at SDN 02 Sungai Limau is that since the COVID-19 pandemic in Indonesia and the implementation of home learning by the government, UKS activities at SDN 02 Sungai Limau have stopped and there are also no students. who became a little doctor at school. In addition, the UKS room in the school is no longer used, the equipment needed for UKS activities is also gone, and there is only an empty room. From the Sungai Limau Health Center, the UKS activities have not been carried out by the applicable procedures at SDN 02 Sungai Limau. Other problems are the lack of knowledge of students in empowering Clean and Healthy Lifestyles in Schools during the COVID-19 Pandemic and the lack of optimal inter-sectoral collaboration, lack of trained personnel, high workloads, and the impact of conflicting health issues, causing various UKS activities. be hampered in its implementation

Based on coordination with the school principal, the service team carried out this little doctor training activity to increase student's knowledge about the application of clean and healthy living behavior and be able to take first aid measures for accidents that occurred in the school environment and the application of 6-step hand washing.

## METHODS

The method in this training is Cherrington, he divides 2 forms of training, namely: on-the-job training and off-the-job training. On-the-job training is more widely used than off-the-job training. This is because the on-the-job training method focuses more on increasing productivity quickly. While the job training method focuses more on long-term development and education (Ansory & Indrasari, 2018; Marni & Yanti, 2019; Marni et al., 2020<sup>a b</sup>, Marni, 2020).

The stages in the implementation of this service activity are 1) The preparation stage is preparing from the start of licensing activities to the village head and the Sungai Limau Public Health Center and

conducting a preliminary data assessment to find out how far the knowledge of students and the school regarding the training of small doctors and the application of clean and healthy living behavior; 2) The next stage of implementation is conducting pre-test and post-test on 10 training participants; and 3) The last stage is to evaluate students' knowledge and skills through post-test and practice (Marni et al, 2021; Marni & Pratiwi, 2021; Marni & Marlis, 2021; Marni & Zairo, 2021).

## RESULT AND DISCUSSIONS

### 3.1 Research result

The implementation of this PKM is carried out by the training method. This training activity was held on 27 and 28 June 2022 by training 10 small doctors, 3 men, and 7 women. Where health education activities for all students include:

#### 3.1.1 Preparation phase

1. Conducting socialization of activities to SDN 02 Sungai Limau.
2. Agreed on the schedule of counseling which is carried out for 1 day for material and 1 day for demonstration.
3. Prepare materials, media, facilities, and infrastructure as well as video materials such as leaflets, focus groups, toothbrushes, and hand washing sets.



Figure 1. PKM Opening Ceremony

#### 3.1.2 Implementation stage

1. Provide counseling to school students on the topic of school PHBS with lecture methods and demonstrations of washing hands and brushing teeth, the activities are carried out for 1 day, one day for counseling, and one day for demonstration.
2. Distribute leaflets to students.
3. Doing documentation of every activity through photos, videos, and notes.



**Figure 2. P3K Practice**

### **3.1.3 Evaluation Stage**

1. Evaluate students' knowledge and skills by conducting a post-test and redemonstrating hand washing and brushing teeth.
2. Monitoring the implementation of PHBS in school students and the cleanliness of the school environment.
3. During the PKM activity which was carried out for 2 days (27 and 28 June 2022) regarding Little Doctor Training in UKS Activities for the Implementation of Clean and Healthy Life Behavior, where UKS supervisors from schools and health centers were very enthusiastic about the implementation of this activity. This activity is also supported by the sub-district and the villages, where the sub-district hopes that this little doctor training at SDN 02 will set an example for other elementary schools in the Sungai Limau sub-district. And this SDN 02, will also later become a sub-district UKS representative at the district level in the UKS activity competition.
4. With the training of this little doctor. So students who have been trained can provide examples of clean and healthy living behavior in the school environment and their family environment. This little doctor can understand how to wash hands in 6 steps correctly, and how to brush teeth properly. Personal hygiene by cutting nails. An effective cough method and healthy snacks. This little doctor every Monday will demonstrate how to wash hands properly in front of the school when the flag ceremony is over and check each student's nails before entering the classroom.
5. This little doctor can also apply how to do first aid for students who faint and how to lift to a safe place, also this little doctor can do first aid on students who experience injuries while playing by performing wound care and splinting with available medical devices in the ICU room.

### **3.2 Discussion**

Participants participated in the activity for 2 days enthusiastically (100% attendance). The increase in knowledge of elementary school students at SDN 02 Sungai Limau can be seen from the increase in the ability of students who are tested by doing pre-test and post-test. In the results of the pre-test, the average value is 50 from the knowledge of 10 respondents. After the training was carried out by giving a post-test it became 75-80, where the questions given with the same questions meant that the increase in student's knowledge after being given treatment increased. Not only that, providing training for

small doctors, can also increase the enthusiasm of students who are trained to become little doctors to know a lot about UKS and PHBS activities as well as first aid in accidents at school. This can be seen from the activity of students and UKS supervisor teachers during discussions and implementation of practices in the UKS room.

## CONCLUSION

The successful implementation of this little doctor training activity was due to the good cooperation between the PKM TEAM and the SDN 02 Sungai Limau school and the Sungai Limau Community Health Center, especially the UKS program holders. The implementation of this PKM activity provides benefits both for students themselves as little doctors and for the school environment. With the little doctor training, it is hoped that it will help the Public health center program in improving the health status of school children, especially for all students in the SDN 02 Sungai Limau environment because they can implement PHBS.

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